






March 2013 – Group Exercise Classes			Salt River Fitness Center & Salt River High School		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Salt River Fitness Center Hours:</b> <b>Monday – Thursday 6:00 am – 7:30 pm</b> <b>Friday 6:00 am – 6:30 pm</b>  <b>Lehi Fitness Center</b> <b>Tuesday &amp; Thursday 5:30 pm – 7:30 pm</b>				<b>1</b> <u>11:05am-11:50am</u> Capoeira w/Clifford <u>12:05pm-12:50pm</u> Spinning w/Michelle <u>5:30pm-6:15pm</u> 45 Hi/Lo & Abs w/Michelle	<b>2</b> 
<b>4</b> <u>11:05am-11:50am</u> Functional Core w/Rachel <u>12:05pm-12:50pm</u> <b>NO CLASS</b>  Salt River High <u>3:35pm-4:20pm</u> Circuit Training w/Michelle  <u>5:30pm-6:30pm</u> Zumba w/Robin <u>6:30pm-7:30pm</u> Senior Dance 55+ w/Roberta J.	<b>5</b> <u>6:15am-7:00am</u> Spinning w/Rachel <u>9:30am-10:00am</u> Youth Service - Mousercise <u>11:05am-11:50am</u> Yoga Stretch w/Rachel <u>12:05pm-12:50pm</u> Total Body Conditioning w/Dion  Salt River High <u>3:35pm-4:20pm</u> Zumba w/Rachel  <u>5:30pm-6:30pm</u> Spinning w/Michelle <u>6:30pm-7:30pm</u> Boxing w/Nevelle	<b>6</b> <u>11:05am-11:50am</u> Guts & Gluts w/Rachel <u>12:05pm-12:50pm</u> Cardio Kickboxing Circuit w/Michelle <u>5:30pm-6:30pm</u> Zumba w/Rachel	<b>7</b> <u>6:15am-7:00am</u> Spinning w/Rachel <u>9:30am-10:00am</u> Youth Service - Mousercise <u>11:05am-11:50am</u> Yoga Stretch w/Rachel <u>12:05pm-12:50pm</u> Zumba w/Robin <u>5:30pm-6:30pm</u> Cardio Kickboxing Circuit w/Michelle <u>6:30pm-7:30pm</u> Senior Dance 55+ w/Roberta J.	<b>8</b> <u>11:05am-11:50am</u> Capoeira w/Clifford <u>12:05pm-12:50pm</u> Spinning w/Michelle <u>5:30pm-6:30pm</u> Zumba w/Rachel	<b>9</b> 
<b>11</b> <u>11:05am-11:50am</u> Zumba w/Robin <u>12:00 PM</u> Spring into Wellness <b>NOON WALK @ SR Fitness Center</b> <u>5:30pm-6:15pm</u> 45 Hi/Lo & Abs w/Rachel <u>6:30pm-7:30pm</u> Senior Dance 55+ w/Roberta J.	<b>12</b> <u>6:15am-7:00am</u> Spinning w/Rachel <u>9:30am-10:00am</u> Youth Service - Mousercise <u>11:05am-11:50am</u> Yoga Stretch w/Rachel <u>12:05pm-12:50pm</u> Total Body Conditioning w/Dion <u>5:30pm-6:30pm</u> Spinning w/Michelle <u>6:30pm-7:30pm</u> Boxing w/Nevelle	<b>13</b> <u>11:05am-11:50am</u> <b>NO CLASS</b> <u>12:00 pm – 1:00 pm</u> Spring into Wellness Zumba @ Noon Two Water Courtyard w/Robin & Rachel <u>5:30pm-6:30pm</u> Zumba w/Rachel	<b>14</b> <u>6:15am-7:00am</u> Spinning w/Rachel <u>9:30am-10:00am</u> Youth Service - Mousercise <u>11:05am-11:50am</u> Yoga Stretch w/Rachel <u>12:05pm-12:50pm</u> Zumba w/Robin <u>5:30pm-6:30pm</u> Cardio Kickboxing Circuit w/Rachel <u>6:30pm-7:30pm</u> Senior Dance 55+ w/Roberta J.	<b>15</b> <u>11:05am-11:50am</u> <b>NO CLASS</b> <u>12:05pm-12:50pm</u> Spinning w/Rachel <u>5:30pm-6:30pm</u> Zumba w/Rachel	<b>16</b> 
<b>18</b> <u>11:05am-11:50am</u> Spinning w/Rachel <u>12:05pm-12:50pm</u> Capoeira w/Clifford  Salt River High <u>3:35pm-4:20pm</u> Circuit Training w/Michelle  <u>5:30pm-6:30pm</u> Zumba w/Rachel <u>6:30pm-7:30pm</u> Senior Dance 55+ w/Roberta J.	<b>19</b> <u>6:15am-7:00am</u> Spinning w/Rachel <u>9:30am-10:00am</u> Youth Service - Mousercise <u>11:05am-11:50am</u> Yoga Stretch w/Rachel <u>12:05pm-12:50pm</u> Total Body Conditioning w/Dion  Salt River High <u>3:35pm-4:20pm</u> Guts & Gluts w/Rachel  <u>5:30pm-6:30pm</u> Spinning w/Michelle <u>6:30pm-7:30pm</u> Boxing w/Nevelle	<b>20</b> <u>11:05am-11:50am</u> Capoeira w/Clifford <u>12:05pm-12:50pm</u> Cardio Kickboxing Circuit w/Michelle <u>5:30pm-6:30pm</u> Zumba w/Rachel	<b>21</b> <u>6:15am-7:00am</u> Spinning w/Rachel <u>9:30am-10:00am</u> Youth Service - Mousercise <u>11:00 am – 12:00 pm</u> <b>CLOSED –HS Monthly Staff Meeting.</b> <u>12:05pm-12:50pm</u> Zumba w/Rachel  Salt River High <u>3:30pm-5:30pm</u> Spring into Wellness <b>ZUMBATHON</b> w/Robin, Andrew G. & Rachel <u>5:30pm-7:00pm</u> Spring into Wellness Health Fair & Wellness Carnival ~ Raffles~  <u>5:30pm-6:30pm</u> <b>NO CLASS</b> <u>6:30pm-7:30pm</u> Senior Dance 55+ w/Roberta J.	<b>22</b> <u>11:05am-11:50am</u> Capoeira w/Clifford <u>12:05pm-12:50pm</u> Spinning w/Michelle <u>5:30pm-6:30pm</u> Spin & Abs w/Michelle	<b>23</b>  
<b>25</b> <u>11:05am-11:50am</u> Basic Step & Abs w/Michelle <u>12:05pm-12:50pm</u> Capoeira w/Clifford  Salt River High <u>3:35pm-4:20pm</u> Circuit Training w/Michelle  <u>5:30pm-6:30pm</u> Low Impact w/Roberta J. <u>6:30pm-7:30pm</u> Senior Dance 55+ w/Roberta J.	<b>26</b> <u>6:15am-7:00am</u> Spinning w/Rachel <u>9:30am-10:00am</u> Youth Service - Mousercise <u>11:05am-11:50am</u> Yoga Stretch w/Rachel <u>12:05pm-12:50pm</u> Total Body Conditioning w/Dion  Salt River High <u>3:35pm-4:20pm</u> Cardio Kickboxing & Abs w/Rachel  <u>5:30pm-6:30pm</u> Spinning w/Michelle <u>6:30pm-7:30pm</u> Boxing w/Nevelle	<b>27</b> <u>11:05am-11:50am</u> Capoeira w/Clifford <u>12:05pm-12:50pm</u> Cardio Kickboxing Circuit w/Michelle <u>5:30pm-6:30pm</u> Zumba w/Rachel	<b>28</b> <u>6:15am-7:00am</u> Spinning w/Rachel <u>9:30am-10:00am</u> Youth Service - Mousercise <u>11:05am-11:50am</u> Yoga Stretch w/Rachel <u>12:05pm-12:50pm</u> Zumba w/Rachel <u>5:30pm-6:30pm</u> Cardio Kickboxing Circuit w/Michelle <u>6:30pm-7:30pm</u> Senior Dance 55+ w/Roberta J.	<b>29</b> <u>11:05am-11:50am</u> Capoeira w/Clifford <u>12:05pm-12:50pm</u> Spinning w/Michelle <u>5:30pm-6:30pm</u> Zumba w/Rachel	<b>30</b> <b>March Madness 2013</b> <b>13k , 3-mile, Youth Mile Run</b>  <b>SR High School's Athletics Building Parking Lot.</b> <b>On Chaparral Rd between Country Club &amp; Center.</b>  <b>Onsite Registration starts at 7am-8am</b>  <b>Youth Run starts at 8:05 am</b>  <b>Register now at SR Fitness Center!</b>



## **CLASS DESCRIPTION:**

**Basic Step & Abs:** A low impact aerobic class with step choreography using a 6-10 inch Reebok Step. Workout will include warm up followed by 30-40 minutes of step aerobics that will incorporate low impact floor movements to give variety and will be followed by abdominal exercises. Step is a great lower body workout to strengthen and sculpt your legs and glutes. You can burn 300 – 500 calories in step aerobic class.

**Boxing Class:** \*\*All participants please provide your own hand wraps and gloves\*\* MUST HAVE!!! Learning the fundamentals of boxing: foot work, proper stance, delivery of jab and straight right. Shadow boxing & uses of the heavy bag. Offense and defense. It is an excellent source of conditioning and can be used as a vehicle to instruct sportsmanship, the value of conditioning and a positive release of frustrations and energies, in addition to building self-confidence and character.

**Capoeira:** Get in shape, meet new friends, and do things you never thought you could do before! You will leave with a basic understanding of proper technique for the fundamental Capoeira movements: ginga, au`, kicks, cartwheel, escapes, punches and blocks. *Created as a way to resist their enslavement in Brazil during the 1800s and practiced secretly for years, Capoeira has finally found a place in the world of martial arts. Consisting of a dance-like fight, the martial art was designed to appear like a game. Practitioners stand in a "Roda" or circle and take turns battling in the center. Once illegal in Brazil, Capoeira is now practiced in every state and in most countries across the globe.*

**Cardio Kickboxing Circuit:** This is a non-contact workout that includes both cardio and strength training routines in an energizing environment. It incorporates kicks, jabs, hooks and uppercuts to improve overall agility and power where you can burn up to 300 – 700 calories in a 45 minute class, also instructor will incorporate resistance training with in the workout with body weight exercises, light/moderate weights and resistance bands or tubing. A great overall workout for all.

**Circuit Training:** Get a whole body workout! In this class participants will alternate 3-4 minutes of cardio with 2-3 minutes of strength or class format maybe done as a group circuit session. Time flies as you work it ALL!!!

**Functional Core:** In this class you will be doing full-body functional exercises can improve your range of motion, posture and balance while strengthening your abdominal muscles, pelvis, and back muscles. In this class you will also run through a series of exercises for the abs, oblique abs, lateral and lower back muscles. Body weight, dumbbells, kettlebells, tubing/bands, Bosu or stability ball maybe used during class. Instructor may also incorporate outdoor activities.

**Guts & Gluts:** The focus of this class is on the abdominals, buttocks and hips. A wide variety of exercises are used to target the muscles in these areas with the intent to tone and strengthen.

**Lo Impact:** -A low impact aerobic routines involve keeping one foot in contact with the floor during sustained large-muscle physical activity. Low-impact aerobics offer a good way to begin an exercise program and are also suitable for seniors and people who are pregnant or overweight. You can burn from 300 up to 500 calories in a low impact class.

**Senior Dance Class 55+:** Move and groove to the oldies, country and contemporize music set in a line dancing format

**Total Body Conditioning (TBC):** Looking for a calorie burning class and want to add strength training to your workout? Look into joining this class! It a moderate to high intensity class that can be challenging that will give you the results you want of weight loss, lower body fat and add strength to your body. Do your weight training in a group setting. An awesome class! Variety of equipment will be used.

**Yoga Stretch:** Stretch, strengthen, breathe and relax with this slowly paced sequence that begins with plenty of warm-up movement. Standing, seated and lying positions. Relaxation segment at the last 5-10 minutes of class.

**Youth Service Mousercise:** Youth Service's Early Enrichment Program exercise session for kids 3-5 years old. Incorporate aerobic exercise, coordination exercise and fun games to workout on motor skill and aerobic conditioning. Please contact Youth Service for more information on their YS EEP program.

## **ZUMBA FITNESS®**

**Zumba® Instructors Robin Mowers and Rachel Seepie are licensed to teach Zumba Fitness®.**

**Zumba®:** Join the party! Zumba combines high-energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. Add some spice and flare to your workout and shake your cha-cha! This Latin-based group exercise class is fun and easy to do. No dance experience required!

**45 Hi/Lo Abs:** This class intergrades low to moderate intensity cardiovascular workout to burn calories. Basic choreography, such as, marching in place, knee lifts, side to side steps, kicks, grapevines and more.

**Spinning® or Cycling Classes: Limited to 7 participants. Remember to bring water bottle and towel for workouts! Taught by Certified Spinning Instructor Michelle Long and Rachel Seepie.**

**Spinning®:** Spinning® workout for 40 -50 minute ride on the indoor cycling bike where the instructor guides you through variety of movement on the bike, for example, flats, hills, runs, jumps and sprints to burn calories.

**Spin® & Abs:** Get your spinning workout with addition of abdominal exercise to strengthen you abdominals. This class will follow the spinning format of flats, hills, runs, jumps and sprints to burn calories.

***\*\*If instructor is unavailable to teach the a class another instructor will sub the class, class may be changed to a different style or class may be canceled due to shortage of staffing. Signs and notification will be posted on facility, email or through announcements. Fitness Centers will be CLOSED on Tribal Government designated holidays, during meetings and other activities approved by Diabetes Program Manager & HS Supervisor. Questions: 480-362-7342***